

CAÑADA COLLEGE || COLLEGE OF SAN MATEO

# ATHLETIC CENTER

*Your community connection to education and fitness.*



# April Newsletter

2026 Edition



**IMPORTANT: CSM-AC Parking Announcement**

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CAÑADA COLLEGE  
**ATHLETIC CENTER**  
 Your community connection to education and fitness.



COLLEGE OF SAN MATEO  
**ATHLETIC CENTER**  
 Your community connection to education and fitness.

## Membership Hours

### Monday - Friday

6:00 a.m. - 2:00 p.m.  
 4:00 p.m. - 8:30 p.m.

**Pools close at 8:00 p.m.**

### Saturday & Sunday

7:00 a.m. - 5:30 p.m.

**Pools close at 5:00 p.m.**

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**Pools close at 8:00 p.m.**

### Saturday & Sunday

7:00 a.m. - 5:30 p.m.

**Pools close at 5:00 p.m.**

## Contact Us

Phone: (650) 381-3575  
 Email: [comfit.cc@smccd.edu](mailto:comfit.cc@smccd.edu)

[comfit.canadacollege.edu](http://comfit.canadacollege.edu)

Kinesiology & Wellness Building  
 Building 1  
 4200 Farm Hill Blvd.  
 Redwood City, CA 94061

## Contact Us

Phone: (650) 378-7373  
 Email: [sanmateoac@smccd.edu](mailto:sanmateoac@smccd.edu)

[comfit.smccd.edu](http://comfit.smccd.edu)

Health & Wellness Building  
 Building 5  
 1700 W. Hillsdale Blvd.  
 San Mateo, CA 94402

*Free parking currently remains in effect for all semesters.*

Announcement • Membership • Front Desk News • Group Exercise • Fitness • Pilates • Aquatics •  
 Endurance Training • Athletic Center Rules & Regulations

# Announcement

## CSM-Athletic Center Parking Closure

Effective: Monday, April 6, 2026

### Parking Lot B - Closure

**Effective April 6, 2026** College of San Mateo will begin the start of construction preparation for Student Housing. This will require the closure of Parking Lot B. ([Click here for Campus Map for reference.](#))

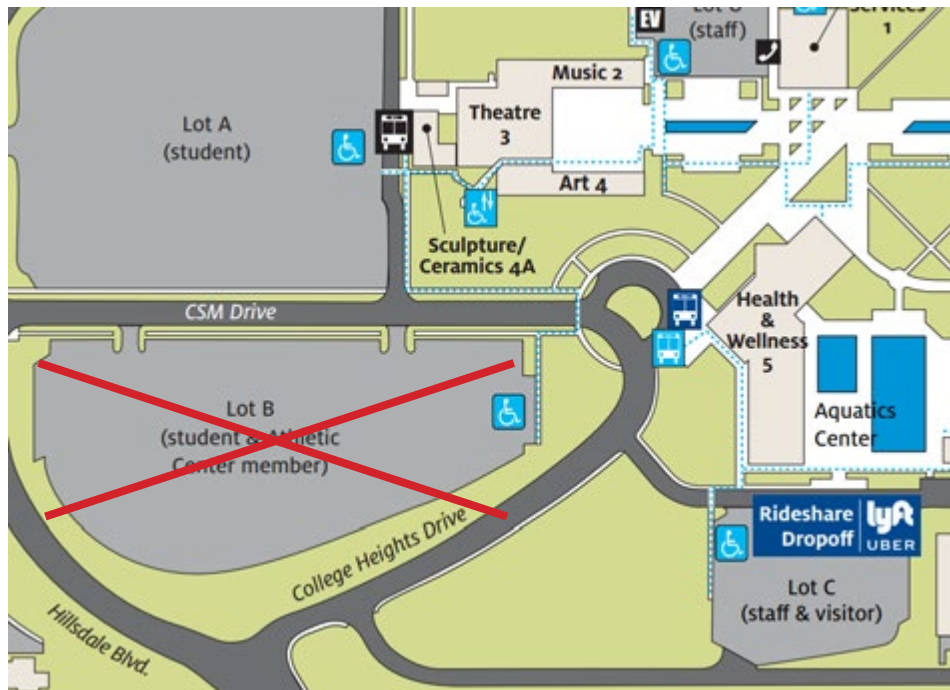
This will affect members of the athletic center located on campus!

Alternatively, Student, Faculty and CSM-Athletic Center Members are encouraged to park in Lots A & C.

Note: While Parking Lot A may appear further, there is a direct walk way through the Theatre Building Corridor, past the fountains with entry into Building 5 (location of Athletic Center).

**It is suggested that anyone with an appointment at CSM-Athletic Center (Swim Reservations, Pilates or Fitness Private Training or Group Exercise Reservations) arrive early to ensure parking and walk time to CSM-Athletic Center.**

**Thank you for your attention to this matter and supporting the Student Housing Initiative at College of San Mateo!**





# Membership

## Student Membership Audit – Class Units Required

Each semester, the SMCCD Athletic Centers perform an audit on active Student Membership Accounts, to verify they fall under required enrolled in 6+ units in the current academic semester. The 2026 Spring Semester audit will be taking place throughout the month of March through April.

If your student membership account is found to be below that qualification threshold, communication will be sent to your contact number on file indicating next steps. A reminder: to uphold the integrity and procedures behind offering SMCCD students Fit-For-Free memberships, it is essential to stay actively enrolled in 6+ units each Fall and Spring semester, and 1+ units during the Summer semester. If you drop below those qualifications, please speak to our membership or front desk department immediately to review next steps.

Should you fall under the student membership unit threshold and wish to continue your fitness journey with us, don't worry! We can upgrade your student membership to a different type during the month of April and continue to provide uninterrupted access and service to the Athletic Centers.

Should you have any questions or concerns, please don't hesitate to reach out to our membership services team!

CAÑ : [comfit.cc@smccd.edu](mailto:comfit.cc@smccd.edu)

CSM : [smacmemberservices@smccd.edu](mailto:smacmemberservices@smccd.edu)

## New Members Referral Program April 2026

**Members can win a 1-day / 3-day or 7-day guest pass.**

The Athletic Centers continue to build a membership of new, enthusiastic like-minded individuals joining through the Membership Referral Program. Current members who refer a friend, family member, or work-colleague to join the Athletic Center are provided a chance to enter a drawing to win a 1, 3 or 7-day consecutive guest pass with a value between \$30-\$210.

The new referred member will benefit too, with a \$50 discount referral on the new membership enrollment fee!

Together we are building a wonderful community connection to education and fitness.

Learn more on the membership page of the athletic centers website or by speaking directly with a Membership Sales Specialist.

# Membership

## San Mateo County K-12 Faculty, Staff & Administrators Special Membership

We encourage the incredibly dedicated educators and public servants working for San Mateo County to keep a healthy work life balance and to practice self-care by taking advantage of the benefits of wellness and fitness at the Athletic Centers at College of San Mateo and Cañada College. K-12 Faculty, Staff and Administrators memberships receive special rates in appreciation of their dedication, service and hard work. Our way of thanking you for what you do! Pricing and information can found on page 6.

## We Hear You! Member Experience Response Form

We encourage you to share your insights, concerns and comments. Each month the Membership Teams will include the survey below. Simply scan the QR code below with your mobile device and reply, respond and comment about your member experience or perhaps share some wonderful suggestions to help us improve, implement and expand upon our customer service best-practices!

We thank you and value your input.





## Your Community Connection to Education & Fitness

Cañada College and College of San Mateo Athletic Centers welcome **San Mateo County Public School K-12 Teachers, Staff, and Administrators** to experience the joy of movement.

Do you have family or friends who are current members at either Athletic Center? You can also redeem a \$50 off the enrollment fee if you have a referral.

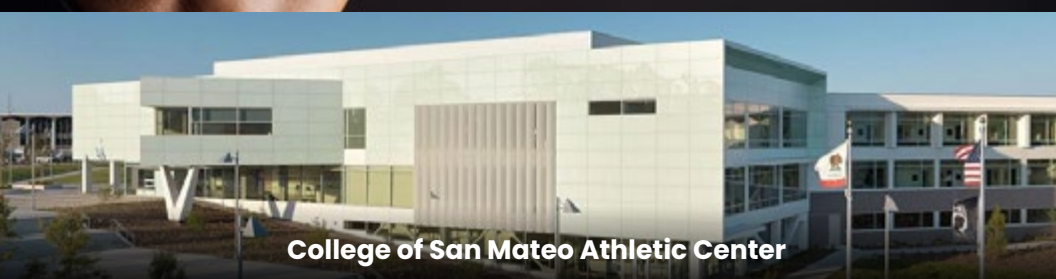
### Faculty/Staff/Administrators Monthly Rates

Category	Enrollment Fee	Single-Site	Dual-Site
Single	120	32.10	40.66
Duo	192	58.85	73.83
Family	264	80.25	100.58

### Faculty/Staff/Administrators Monthly Rates (Non-Prime-Time)

Limited access: Monday-Friday: 6 a.m. - 9 a.m. & 4 p.m. - Close • Weekends: no restrictions

Category	Enrollment Fee	Single-Site	Dual-Site
Single	60	12.84	16.05
Duo	96	25.68	33.17
Family	132	35.31	43.87



College of San Mateo Athletic Center

[comfit.smccd.edu](http://comfit.smccd.edu) • [sanmateoac@smccd.edu](mailto:sanmateoac@smccd.edu) • (650) 378-7373



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# Editor's Note

## Resolution RE-SET

Recently while walking the neighborhoods of San Francisco, I passed by a Candy Shop with a large old-style marquee overhead which read, "**Those Resolutions were good, while they lasted.**"

I smiled at the obviousness of the message; breaking a "no sugar" resolution and the encouragement to stop in, buy some sweets and indulge. Yet, this made me think while it's easy to create New Year's Resolutions and outline a plan, implementation and follow through are entirely, different conversations.

Now with the time change and sunlit, longer days, warmer weather and future plans for beach visits, swimming, hiking and vacations, what better time to get physically fit to support those outings by re-setting of resolutions and implementing a few suggestions to help restart or "level-up" your fitness activities?

College of San Mateo and Cañada College Athletic Centers provide 362-days of physical fitness programming each year. With opening hours starting at 5:45 a.m. and completing at 8:30 p.m. Monday – Friday and Saturday and Sunday from 7:00 a.m. – 5:30 a.m., there is plenty of time to schedule your workout.

We encourage you to calendar your workouts, set your timers and make your goals happen. Following please find inspirational stories and advice provided by certified fitness practitioners to help you be your best! We look forward to working with you in the spirit of community and partnership!

# Front Desk



## CSM Front Desk

### Resolution Re-Set: Testimony of Athletic Center Front Desk Lead, Julisa Lopez

Now that we're in the fourth month of this new year, it is the perfect moment to take a step back and re-evaluate progress, consistency, and get back into fitness routines.

Trust me, (while I provide leadership to the Front Desk staff with early hours and late nights), I know how hard it can be to "get back to it" after extended time off. While focused on work projects, I took a 4-month hiatus from weight training, but am now finally back to working out!

I can't believe I ever stopped. Once again, I am experiencing the wonders and "feel good" endorphins providing me an overall sense of well-being. This has made me realize one thing—it's not about perfection, it's about showing up even when you don't feel like it.

Something I encourage everyone to seek out...workout buddies. Having workout buddies has really helped keep me motivated to keep on going. If you don't have a workout buddy, consider taking a fitness class, you will make friends in an instant and they will hold you to your personal agreements to show up.

Another consideration, take a moment to organize your priorities, make a list and plan small steps forward. This can make a huge difference, I do it all the time especially at work with all the different tasks that call on me. A to-do list by my side helps to keep me motivated and proactive, particularly when the twists and turns of the day interrupt my focus.

This next one is a game changer and has helped me personally. I recommend keeping things simple and realistic. Instead of focusing on big, overwhelming goals, start with small actions that fit into your routine. Maybe it's committing to one or two workouts a week, taking a short walk after work, or setting aside time to stretch.

Small actions help build momentum and momentum builds consistency...and consistency leads to habits. Ah, healthy habits are a good thing!

Finally, discover ways to hold yourself accountable. Whether it's through a workout buddy, a group exercise class, or placing your goals and workout times in your calendar (to color code as completed after); each are great ways to help regulate mental action and physical response.

Use this month as a fresh opportunity to reset, refocus, and remind yourself that the goals you set are important "value markers" to self-care and self-worth. You are never doing it alone.

We hope the caring of our front desk team helps "welcome you in" and provides some additional support. Whether you are getting back into your routine, trying a new workout, or just need help reserving a spot in one of our group exercise classes or the pool, we are always here to help! Let's re-set resolutions together this April and partner in our success!

To learn more about CSM-Athletic Center Front Desk contact: Julisa Lopez at: [LopezJ@smccd.edu](mailto:LopezJ@smccd.edu)

## CAÑ Front Desk

### Spring's Weather — Inspiring Resolution Re-sets

Spring has just started, and with it come themes of renewal and growth.

It's the perfect time to take a look at our progress this year. For some of us, our ambitious New Year's fitness resolutions may have lost momentum, for others may be well into their journey, but the road needs to be taken one step at a time. Spring offers the ideal opportunity for a meaningful reset, or maybe to turn those steps from a walk to a run.

One of the best ways to bring more life to your fitness journey is by taking it outdoors. As the weather improves and days grow longer, outdoor workouts become more inviting and enjoyable. Whether it's walking along a scenic trail, picking up pickleball with some new friends, or doing a simple bodyweight circuit on the rooftop, exercising outside can re-energize your routine. The change of environment, feeling the warm sun and cool breeze often brings a renewed sense of motivation.

Just like the change in temperature has gotten noticeably warmer, we also need to make sure our progress is calculated with noticeable changes. This is where we need to transition our goals away from the vague, "work out more" and define more clear and measurable objectives. For example, we can aim to complete 12 workouts this month.

Additionally, consider goals that incorporate the fun changes in the season. In warmer weather, walking outdoors, playing pickleball, and out-door group exercise

classes will all contribute to the rejuvenating feelings of springtime. .

Let's remember also springtime restart isn't about making up for lost time; it's about moving forward with purpose. Whether you are looking to walk or run on your fitness journey, the Athletic Center can support you. A free fitness assessment can help you build measurable attainable goals; group exercises classes bring community and accountability, and endurance training classes may help those who want to step-up their fitness. Spring renewal is a choice, the season of growth isn't just happening around you, nor to you, it's a journey for you join in on, if you choose to take that next step.

If you need help getting started, have any questions, stop by the Front Desk where we can help you navigate the many ways to apply CAÑ-Athletic Center programming to your goals.

To learn more about CAÑ Front Desk contact: Ricky Aguilar at: [AguilarR@smccd.edu](mailto:AguilarR@smccd.edu)



# Group Exercise

## CSM Group Exercise

A New Year's Resolution reset is a great reminder that it's never too late to recommit to the goals we set at the start of the New year. A reset gives us a chance to pause, reflect, and start fresh without judgement. In GEX, this is the perfect moment to refocus on showing up, supporting each other, and celebrating our progress.

This reset can also be a great time to try something new. Maybe stepping into a class, you have never taken before, changing your routine, or challenging yourself in a different way. Research shows that trying new activities can boost motivation, keep exercise exciting, and help us stay consistent. With over 90 classes on the CSM-AC schedule, why not reset your routine and try something different? You might just discover your new favorite class.

## CSM GEX Schedule Change

- Yoga Flow: Mondays @ 4pm w/Stella
- Mindful Movement: @4pm w/Debi Cancelled
- Cardio Sculpt: Tuesdays @8am w/Linda
- Vinyasa Yoga: Thursdays @6:10pm w/Kristen

## CSM Instructor Spotlight Stella Wong



### Yoga Flow: Mondays @4pm

My name is Stella Wong, and I discovered yoga 20 years ago, creating a curiosity and passion to learn about the many benefits that a yoga practice offers. After retiring from a career as a financial professional, I continued my yoga journey and became a certified yoga instructor. My RYT-200 certification grants me the opportunity to share and formally teach others. I encourage students to connect their breath to their movement as they cultivate a sense of awareness and control while releasing stress to experience relaxation. Strength, flexibility and pranayama are important components of my practice. By the end of the class, I hope that the students leave with a smile, a sense of relaxation and peace. I offer Hatha, Vinyasa, and Back care instruction.

# Group Exercise

## CAÑ Group Exercise

Recovery is so important to your fitness routine yet many of us don't take the time to make sure our bodies are receiving the recovery needed to progress our fitness goals. Did you know after an intense workout training it takes your body at least 24 – 72 hours to recover.

Recovering our bodies after hard, long workouts is mandatory when progressing your fitness routine. At CAÑ-AC we offer several options of recovery classes weekly with your membership. Allowing your body, the best opportunity to recover. These include the following:

### Monday:

- Qi Gong in studio 203 from 12:45-2pm. A Qigong workout is a gentle mind-body exercise that uses slow, flowing movements, controlled breathing, and focused intent to balance and cultivate "Qi" (vital energy) within the body. Routines often include a combination of gentle movements, body postures, breath control, and meditation techniques designed to improve balance, flexibility, muscle strength, relaxation, and overall physical and mental health.

### On Tuesday & Thursday:

- Deep Recovery/Foam Roller classes at 9am on Tuesdays and 10am on Thursdays both in studio 207. This class is a restorative class where you will practice recovery based on movement and tissue therapy in a state of relaxation. The instructor incorporates the foam roller to help relieve those areas of tight muscles and lactic acid build up, helping the body to relax and recover.
- Stretch & Restore classes at 6pm on Tuesday night in studio 207. This class is a slower paced yoga class designed to focus on extension, flexibility, balance, breath, post-workout recovery, and relaxation.

### On Saturday morning:

- Yin Yoga at 10:30am Saturday mornings in studio 208. Restorative Yin is gentle yet a practice that targets the deep connective tissues of the body, such as the fascia, ligaments, and joints. Unlike other forms of yoga that focus on muscle engagement and strength, Restorative Yin encourages the release of tension and stress. Poses are held for 3-5 minutes (or longer) offering deep sense of stillness promoting healing and mindfulness. This practice is ideal for those experiencing stress, fatigue, or who are looking to find balance in both the mind and body.

CAÑ-AC offers many opportunities to recover and reset your body. Take advantage of these membership classes, your body will thank you.

## New CAÑ GEX Classes for April

### Mondays

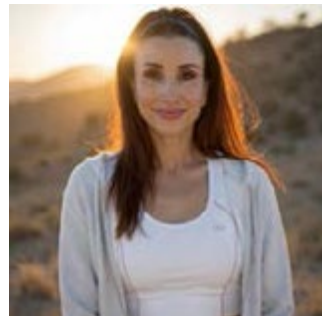
- 1pm HIIT/Circuit w/Sandra in Studio 207
- 6pm Bootcamp w/Tommy on the Rooftop (Starts 3/20)

### Tuesdays

- 12:30pm Classic Pilates w/Laura in Studio 203
- 1pm Yoga Sculpt w/Aziana in Studio 208

### Friday

- 12:30pm Mat Based Pilates w/Dipika in Studio 203



## CAÑ Instructor Spotlight – Elisha Caunday

Join Elisha on Fridays at 10am for Power Sculpt in Studio 207.

# Group Exercise

*Continued from "CAÑ Instructor Spotlight"*

## **Sign-up open 48 hours to the start of class!**

I am a passionate fitness professional with over 15 years of experience teaching group fitness classes and helping individuals feel strong, energized, and confident in their bodies. In my classes, I aim to create a VIBE - one that's uplifting, motivating, and fun where you can let go of stress, move your body, and truly enjoy the process. I believe fitness should leave you feeling empowered, recharged, and proud of yourself, not just physically stronger. Whether you're new to fitness or looking to push yourself further, my goal is to create a supportive space where everyone feels welcome and capable. Teaching at Cañada College Athletic Center has been incredibly rewarding, and I look forward to continuing to meet this amazing community.

## **April is Stress Awareness Month and In honor; Lixuan will Host a Free Meditation Class Saturday April 18th in Studio 208 @ 12pm**

April brings in Spring time flowers, better weather and outside activities. It is also Stress Awareness Month where it's a good time to check in with self.

Meditation class w/Lixuan will be offered on Saturday April 18th in Studio 208 at 12pm (free of charge). This class is usually a paid class under the Group Fitness Curated Classes, but in honor of Stress Awareness Month, one complimentary class will be offered this April.

Reducing stress and anxiety with meditation lowers levels of the stress hormone cortisol and calms the nervous system. Practicing mindfulness can also train you to observe and reframe worrisome thoughts more productively. Mindfulness meditation has been shown to

reduce symptoms of depression and promote a more positive outlook on life.

**You can sign up for this class 48 hour prior to the start of the event.**

## **CAÑ GEX Curated Classes**

### **Tai Chi: Wed. & Fri. @ 10am Starting in April on the Rooftop**

We are grateful to have Ben Dineen whose career as a Tai Chi instructor spans 24-years as a mind body practitioner.

Beginning in April, Ben will be back Wednesday and Friday mornings on the Rooftop from 10-11:15am. His rooftop class offers an ideal setting for this class overlooking the surrounding hills and valleys.

This Curated Tai Chi Class at CAÑ-AC, is offered at a cost of \$15 per class (for single drop-in) or a package option of (8-classes at \$100.00) or (4-classes for \$50.00) per member with packages expiring end of month. All monthly classes purchased must be used the same month of purchase, no roll overs!

**Reserve your spot for the month, we look forward to seeing you there!**

### **Reiki 1 Attunement Certification Course April 25th, 2026: 11am - 3pm at CAÑ-AC**

April 25th we will offer Reiki 1 Attunement Certification Course to our members at a discounted price of \$150 per member. Learning the benefits of Reiki healing is not only beneficial for your everyday health, but it can be one of

# Group Exercise

*Continued from "Reiki 1 Attunement Certification Course"*

the most empowering courses you could ever learn for yourself and others including your favorite pet.

The process of attunement is what makes reiki unique from other healing modalities. Through attunement, reiki passes from the master to the student and opens up their channel of energy for healing. Attunements are given within our certification course with time given for explaining the philosophy, teaching, symbols, and practice. The actual process of attunement is a dedicated ritual and unique for each person.

In a **Reiki 1 Attunement Course** the Reiki Master teaches the Usui Reiki system of energy therapy, the history of the Reiki healing processes and the procedure for giving a complete Reiki treatment to oneself.

The course takes approximately 4-hours. Each participant receives a Reiki attunement which connects you to the unlimited source of universal energy and flow also known as Chi. The attunement certification course will include a combination of lecture, learning, hand placements, experiencing energy flow and certification.

**Spaces are limited for this Attunement Certification Course, if you are interested, please email [cabrerac@smccd.edu](mailto:cabrera@smccd.edu) to reserve your spot.**

## **Sound Bath and Breath Work w/Purvi Sunday Dates for April 2026**

Purvi will hold Sound Bath and Breathwork class in **April Sunday the 5th, and Sunday April 19th**. These are paid classes for our members at a reduced fee, \$30 per member per session. You can reserve your class on-line, space is limited.

What is Sound Bath and Breathwork? Sounds used in sound healing are examples of Ahata Nada external, "struck" sounds - that serve as a tool to eventually access our Anahata Nada, the deep, internal, and sound cultivated in advance of meditative shifts.

This is sure to be a great experience for all who attend. We look forward to seeing you there!

## **Meditation Class w/Lixuan @ CAÑ-AC Tuesday's @ 6:30pm \$15 per Class in Studio 181**



**Reservation open 48 hours prior to the start of class. Single drop ins rate: \$15 per class or 4-classes monthly for \$50.00. All monthly classes must be purchased at beginning of the month and used that same month.**

This 75-minute meditation class is designed to suit all levels of meditators. Lixuan will combine movement, breath, visualization, mantras and many other techniques to bring alignment to your body and healing for your soul.

We are honored to have Lixuan An, bringing decades of meditation practice and healing to CAÑ-AC GEX Curated Classes. Come join her on Tuesday nights at 6:30 pm in Studio 181.

## **GEX April Birthdays**

Padmin Mathur, April 17th  
Kendara Bronstein, April 19th  
John Carosella, April 19th  
Anne Longo, April 27th



# Group Exercise Schedules

Did you know that College of San Mateo and Cañada College Athletic Centers combine to offer 190 complimentary Group Exercise classes each week? Embrace your passion to move, connect and be one with a community of like-minded members. Pick from a large selection of Group Exercise classes. Try something new or challenge yourself—**there's something here for you!** To reserve, please visit the **Empower M.E. member portal**.



[comfit.canadacollege.edu/classes.html](https://comfit.canadacollege.edu/classes.html)



[comfit.smccd.edu/group-exercise](https://comfit.smccd.edu/group-exercise)

**CLICK TO SEE OUR CURRENT GROUP EXERCISE SCHEDULE**

## GEX "Rules of the Road" & Reminders

- *No Food or Drinks. Closed topped water bottles are great!*
- *Reservations are required for ALL Group Exercise classes at both Athletic Centers.*
- *Please arrive to class on time. Late arrival beyond 10 minutes is not recommended as proper warm-ups are necessary to ensure safe increases of intensity elevation.*
- *Please consider your courtesy towards others and the instructor, and keep talking to a minimum during instruction.*
- *Please check online for GEX changes and updates.*
- *Classes marked with \*\*\* are not offered virtually (CSM-AC only).*



# Fitness

## CSM Fitness

### Hit Reset: “Your Fitness Restart Guide to Getting Back on Track”

We all fall off track at some point. Busy schedules, shifting priorities, or a simple dip in motivation can quietly pull you away from your routine. But getting back into the gym isn't about making up for lost time or pushing yourself to extremes right away. A true restart is about rebuilding consistency with intention, patience, and a clear sense of direction.

- 1. Start Small:** The most effective way to return is to start smaller than you think you should. There's a natural urge to jump back into long, intense workouts, but that often leads to burnout or discouragement. Instead, focus on shorter, manageable sessions a few times a week. This approach helps you rebuild the habit without overwhelming your body or your schedule.
- 2. Clear and Concise Goals:** Clarity is another key part of a successful reset. Vague goals can make it difficult to stay motivated, so it's important to define something specific and realistic. When you know exactly what you're working toward—whether it's improving strength, building endurance, or simply committing to regular workouts—it becomes easier to stay focused and measure progress. That sense

of direction creates momentum, and momentum is what keeps you moving forward.

- 3. Prioritize Gym Time:** Equally important is treating your gym time as a non-negotiable part of your routine. When workouts are planned in advance and built into your schedule, they become part of your lifestyle rather than an afterthought. Over time, this consistency helps reinforce your identity as someone who shows up, regardless of how motivated you feel on any given day.
- 4. Stay Consistent and Celebrate Wins:** As you settle back into your routine, tracking your progress can provide a powerful sense of encouragement. Improvements don't always show up immediately in the mirror, but they often appear in small, meaningful ways. Recognizing these wins helps reinforce your commitment and keeps you motivated. When you remove small barriers—like not knowing what to wear or when to go—you make it easier to follow through. Preparing in advance and creating a routine that fits naturally into your day can significantly increase your chances of staying consistent.

Finally, it's important to accept that progress isn't always linear. There will be moments where you feel stuck or less motivated, but those phases are a normal part of any fitness journey. What matters is continuing to show up and trusting that consistent effort will eventually lead to results. A restart isn't something to feel guilty about.

# Fitness

*Continued from "CSM Fitness"*

It's an opportunity to begin again with more awareness and a better approach. Instead of focusing on where you think you should be, focus on what you can do today. One workout at a time, you'll rebuild your rhythm—and that's where real progress begins.

To learn more about fitness at CSM-Athletic Center contact: Fitness Operations Manager, Megan Pham at: [PhamM@smccd.edu](mailto:PhamM@smccd.edu).

## CAÑ Fitness

### Reset Resolutions with Guided Fitness Programming

Resolutions made for the New Year can fizzle out quickly. Lack of motivation, time management, lifestyles changes, or uncertainty on how to achieve a specific goal all contribute to steering away from the good intentions set. Guidance from certified fitness professionals at CAÑ-AC helps to get back on track and provides the support needed to reset and refocus on reaching goals.

### Pilates Reformer and Chair Training

Training with the Pilates Reformer and Chair offers a low-impact strength workout that improves posture, core engagement, flexibility, and balance. Members setting resolution goals in these areas have access to talented instructors that provide custom-designed routines in both individual and group lessons.

### Pickleball Training

Picking up a new sport is a resolution goal that delivers many benefits. Playing pickleball provides a great workout, both physically and mentally. Whether

brand-new to the sport or an experienced player, members can hone in on skills by scheduling private lessons with Pickleball professionals, available in both one-on-one and small group lessons.

### Endurance Training

Improving endurance translates across many different resolution goals: trying new activities like hiking, improving for a specific sport, or running a half-marathon. Members can work towards these goals and participate in daily classes with experienced coaches for Masters Swimming, muscular endurance group training, or power cycling.

### Personal Training

Working with a Personal Trainer offers clear and concise guidance when putting together a program plan for a resolution goal. Vague and generic goals such as "losing weight" or "getting stronger" become more focused and attainable by mapping out a personalized plan with a companion that will be there every step of the way.

### Recovery Training

Setting resolution goals focusing on recovery helps with injury prevention, performance, and safer, more effective workouts. Recovery specialists at CAN-AC guide members through sessions using active/passive stretching routines and utilize vibrating massage devices to help relieve muscle soreness and tension while improving muscle function and range of motion.

For more information on scheduling Fitness offerings, contact: Fitness Operations Manager, Joe Moorbrink [moorbrinkj@smccd.edu](mailto:moorbrinkj@smccd.edu)



# Pilates

## Pilates Small Group Classes: A CSM-Athletic Center Favorite

**A CSM-Athletic Center Favorite Now Available at Cañada Athletic Center, April 1st !**

January has come and gone and for some, the New Year's resolution you set may have lost a little steam.

The Pilates Practitioners at both CSM & CAÑ Athletic Centers know that training in small groups is inspiring, leads to accountability and offers personal instruction often missing in larger group exercise classes.

With this knowledge both locations remind members to "RESET" their resolutions with Small Group Pilates Training! CSM-Pilates small group training has been a staple at CSM-Athletic Center and the popularity of classes and physical results speak for themselves.

Exciting news to learn Small Group Pilates Training is launching at Cañada Athletic Center, April 1, 2026!

If you have been curious about trying Pilates small group classes at CAÑ-Athletic Center, this is your moment to sign up. These classes are described as "the sweet spot" between one-on-one personal training and a group class.

You get coached with a tight-knit crew, and programming that pushes you yet feel less pressure than what can sometimes come with a one-on-one experience.

The Pilates method needs no introduction. Strong core, better posture, improved flexibility, increased body awareness, and a way of moving that makes everything else in life feel easier. You know it works. Now imagine doing it with a dedicated Pilates instructor who sees you, correcting, guiding, and pushing you in all the right ways.

If you already have a foundation in Pilates on the apparatus, this is the class that will finally help you stick to your routine by doing what you already love. Add the energy of a small group around you, the accountability of showing up for others as much as yourself, and a real sense of community with people who share your passion for movement. That is not just a class; it is a routine that will embrace you!

Spots are limited, so please sign up now. If you have been waiting for a reason to get back to something that you love, this is it. Your reset starts here.

For scheduling and pricing, contact: CSM-Athletic Center, Pilates Lead, Sybille Draper at: [Drapers@smccd.edu](mailto:Drapers@smccd.edu) or at CAÑ Athletic Center, Pilates Lead, Cristina Mancin at: [Mancinc@smccd.edu](mailto:Mancinc@smccd.edu).

## CAÑ Pilates New Instructor

**Say Hello to Our New Pilates Instructor Stephen Esmay!**

We're excited to welcome Stephen Esmay to our Cañada College Athletic Center Pilates Program. Stephen's love

# Pilates

*Continued from "CAÑ Pilates New Instructor"*

for Pilates began during a grad school semester break and quickly turned into a personal passion. Since then, he's enjoyed not only his own growth but also celebrating the milestones his students have achieved.



Stephen believes Pilates is for everybody with a mindset philosophy. "Intentional movement can be fun and challenging," he says. "It's not about complexity, it is about control and discipline which opens the doors to mastery, corrections, and surprising insights."

Whether you're stepping into the Pilates studio for the first time or refining your practice, Stephen is ready to guide you with energy, expertise, and a genuine love for seeing people thrive.



# Aquatics

## CSM Aquatics

As the weather warms up and social calendars fill, it's all too easy for fitness motivation to fade. The monotony of the same old workout day after day can make exercise feel like a chore rather than a rejuvenating activity. But there are simple ways to breathe new life into your fitness regimen and keep your workouts fresh, challenging, and exciting.

For regular lap swimmers, try switching up your lane or swimming style. Trust us, a slight change of perspective can have a huge impact! Trying an unfamiliar lane or experimenting with different strokes can provide a fresh perspective and challenge your body in new ways. If you typically focus on distance swimming, mix things up by working on speed or your technique for butterfly, breaststroke, or other strokes you may not be as familiar with.

Not confident in your ability to master new swim strokes? CSM Athletic Center has experienced instructors who offer personalized lessons to help you expand your skills. Learning something new can add value and reinvigorate your workouts while preventing plateaus. Let's remember the joy we had of doing and learning new things in our youth and apply those same principles as adults! We often miss out on the valuable experience of trying unfamiliar activities with our incorrect assumption that somehow doing the same thing creates permanence. This spring, embrace the chance to learn and grow. Shake up your fitness routine, reset your resolutions and remember everyone, progress is not linear, and

perfection is unrealistic. Do the best you can, show up for yourself and stay consistent. We look forward to seeing you in the pools!

To learn more about CSM-Aquatics or Bulldogs Swim Lessons Contact: Aquatics Operations Manager, Stephanie Vuong at [Vuongs@smccd.edu](mailto:Vuongs@smccd.edu) or for swim school contact: [bulldogs.ss@smccd.edu](mailto:bulldogs.ss@smccd.edu)!

## Bulldogs Youth Swim Club

At the start of the year, many athletes and families set goals. By March, busy school schedules and everyday routines can make those resolutions fade a little. That's completely normal. In fact, this time of year is a great moment for a reset—a chance to refocus and get back on track.

At College of San Mateo Athletic Center Bulldogs youth swim club, the coaches work with athletes 6-days a week on technique, effort, and consistency. But as we often remind our swimmers and athletes, progress doesn't happen only during practice. A big part of improvement happens outside of training.

That's where recovery comes in. Sleep, good nutrition, and simple healthy habits allow young athletes to get the most out of the work they do during practice.

For example, nutrition after training can make a real difference and timing is important. Refueling within about 30 minutes after activity helps the body begin recovery and prepares athletes for the next workout.

*Continued from "Bulldogs Youth Swim Club"*

Another small but helpful habit is the transition from school to practice. After a long school day, even a short mental break, a quiet ride to the club, or a few calm minutes before practice can help athletes reset and arrive ready to train.

Staying healthy is also an important part of consistency. As the weather changes, it helps to check the forecast and be prepared for colder or rainy days. Warm clothing after practice is important and shivering in cold after workouts can cause muscle cramping and increase soreness. Avoiding unnecessary exposure to cold can help prevent injury and illness that might interrupt training.

Finally, one of the most important elements in any swim program is the mental efforts aligned with creating trust in the performative training. Trust allows for teams to develop and when child athletes, parents, and coaches work together, the training process becomes cohesive. Developing trust sometimes requires vulnerability. The vulnerability to let go of old thinking, staying quiet when listening and embracing new things, or to simply have no opinion at all and try the new activity, skill set or practice proposed.

At Bulldogs Swim Club, we believe that all of these steady habits lead to individual improvement and improved teamwork leading to measured progress over time.

– Coach Igor

To learn more about Bulldogs Youth Swim Contact:  
Coach/Manager Igor Marchenko at [Marchenkoi@smccd.edu](mailto:Marchenkoi@smccd.edu)

## CSM Masters Swim

### Re-setting Resolutions

For those of you, like myself, who set New Year's resolutions, this is for you. As long as I can remember I have set my goals/resolutions the first week of the New Year. In the beginning, I would set the bar way too high (for me). There were way too many items on my list which only set me up for failure. Once I failed, the resolution or reset plan just stopped. It certainly was frustrating. Regardless, I would try a reset each New Year. As I started limiting my list to fewer items, things began to fall into place.

That doesn't mean I succeeded each year; it just meant I was progressing. I took that time to be proud of myself. (There is nothing wrong with giving yourself applause). Each year I would keep my list going, sometimes adding and sometimes subtracting items until I really found what I felt was the almost perfect list. I kept that going for years until I discovered that I was getting bored with the redundancy and the repetitiveness of the same items on my almost perfect list. Hmm, what to do?

I'm wondering if you might feel the same thing? I was proud of what I had done, but on the other hand I wondered what I could do to tweak my list as opposed to scrapping it and starting all over again. I did not want to do that! So, what I did to make it work, was to add one or two more laps in the pool. Or I would add a few more reps to my lifting routine. And I then added a group-ex class to my routine. That addition was perfect for me. I would keep that going until I felt I was ready to reset those new standards. Most important thing is to not get antsy and try to add to your routine too quickly! Of course I tried that anyway, only to be disappointed in the outcome. Making changes and hoping for constant improvement

# Aquatics

*Continued from "CSM Masters Swim"*

just wasn't sustainable. I got a lot more out of my slower pace and absolutely enjoyed the end result.

"Resetting" is really important to achieving your goals. But, take your time and make sure you applaud yourselves on the journey. Never take for granted that you continue to improve. Again, those improvements do not have to be huge. Keep it simple...we are in a marathon, not a sprint. And each improvement should end with a pat on the back or a "good job"!

Good luck, everyone. Coach Tom –

To learn more about Masters Swim at CSM–Athletic Center contact: Coach/Manager – Tom Reudy at: [Reudyt@csm.edu](mailto:Reudyt@csm.edu)

## CAÑ Aquatics

### Colts Swim School

What better time to reset for the year and circle back to our goals than Spring? This season is all about embracing change, new growth, and letting go of what no longer serves us. Whether your New Year's resolutions have stayed strong or fallen off track – now is the perfect moment to reset, reorganize, and recommit to your goals.

Here at Colts Swim School, we are excited to support your journey every step of the way. If consistency has been a challenge, a strong restart can be simple. Revisit your goals, adjust them to be realistic and measurable, and begin with a manageable routine such as two to three swim sessions per week. Focus on building consistency

first, then track your progress through timing, distance, and effort to stay accountable and motivated.

Not sure where to start or how to take your training to the next level? We welcome everyone to stop by the swim desk and explore our "Meet Our Instructors" section of the bulletin board, where you can learn about each instructor's strengths and specialties.

If you find someone who aligns with your goals, our front desk team will be happy to schedule a time for you to meet with an instructor, begin lessons, and create a personalized plan designed specifically for you. Swimming is one of the most versatile forms of exercise because it combines timing, distance, and speed; three essential elements found in both strength training and cardio workouts. It is a low-impact, full-body workout that can be tailored to support recovery, physical therapy, endurance, and athletic performance.

As you begin to build momentum, structure becomes key. Setting weekly mini-goals, such as increasing your swim distance or improving your time, can help keep you on track. Incorporating a mix of technique work, endurance training, and speed-focused sessions allows for well-rounded development. If you have already been consistent in your current programming, this is the perfect time to level up by increasing distance for endurance, adding interval training for speed, or introducing timed swims to challenge performance. You can also enhance your routine by adding additional classes or lessons, while prioritizing recovery swims to prevent burnout and support long-term progress.

To make your reset even more fun, consider bringing a friend who shares similar goals! We offer semi-private lessons for ages 3 years of age and older. Training together can boost accountability, increase consistency, and make the experience more enjoyable. Stop by the

# Aquatics

Continued from "Colts Swim School"

Swim Desk today to explore instructor profiles and set up your initial consultation. To learn more about CAÑ-Athletic Center swim school contact: [colts.ss@smccd.edu](mailto:colts.ss@smccd.edu)

If you're interested in joining our growing Masters Swim Team at Cañada College Athletic Center, or you're interested in an Aquatics Reset for your typical swim routine: contact Grey Sanderson [sandersong@smccd.edu](mailto:sandersong@smccd.edu)!

## CAÑ Masters Swim

A shift in your typical fitness routine can breed exponential benefits, especially if you like to commit to aquatics workouts. For a lap swimmer, a typical routine can include a pre-determined distance, stroke, amount of rest between intervals, etc. Oftentimes, it can be easy for one to fall into a fatiguing pattern of swim workouts with no outside intervention, which leads to burnout, boredom, and inconsistency.

We tout our Masters Swim Team at Cañada College Athletic Center as the cure to this affliction! Participating in our practices multiple times a week will introduce new concepts and practice types to your normal routine, including workouts focused on different distances, Drills, Stroke Types, and more. For transparency and identification, we can share our typical weekly split of practice types, although we like to change this up to ensure that our Swimmers never, ever get bored or feel like they are plateauing in their progress.

Day	Time	General Theme	Coach
Monday	6AM, 7AM, 12PM	Distance	Aleksei
Tuesday	6AM, 7AM, 8AM, 10AM	IM, Middle Distance	Kirk
Wednesday	6AM, 7AM	Short Swims, Drills	Aleksei
Thursday	6AM, 7AM, 8AM, 10AM	Middle Distance	Kirk
Friday	6AM, 7AM, 12PM	"Free Friday", Stroke Sets	Diane
Saturday	7:30 - 8:45 AM	Mixed	Diane



# Endurance Training

## CAÑ Endurance Training – Take our HYROX Classes!

For any of our athletes who have already built consistency, changing your programming can help break through plateaus. “Shocking” the body is a common phrase you’ll hear our trainers talk about – and can be extremely helpful for seeing new results. You might want to vary the sequence of exercises to challenge how your body adapts under fatigue.

Small but intentional changes can reignite progress while keeping training fresh, engaging, and aligned, and you’ll find that our HYROX classes are some of the most effective programming we have available to an athlete that needs a fresh infusion into their workout routine!

### What is HYROX?

HYROX training is a unique blend of endurance and functional strength, designed to simulate race conditions that combine running with workout stations.

A standard HYROX format alternates 1 km runs with functional movements like sled pushes, rowing, and carries.

Some of the most common exercises you’ll see include :

- Sled Push & Pull (coming to CAÑ-AC soon!)
- Farmer’s carries (grip and core stability while walking with heavy weights)
- Wall balls (a full-body squat-to-press movement that challenges endurance)
- Burpee broad jumps (explosive, high-intensity conditioning).
- Rowing or ski erg intervals, which develop aerobic capacity while reinforcing pacing under fatigue.

Please note : We encourage athletes of all levels to attend HYROX classes. Modifications are always available!

### Check out our HYROX Classes (paid small group training) at our NEW class times with Coach Courtney!

#### HYROX – Coach Courtney

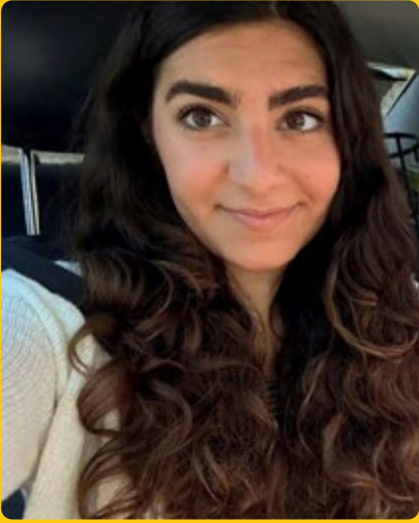
- Monday, 8:00 – 9:00 am
- Thursday, 5:30 – 6:30 pm



Follow the QR code to the Member Portal to sign up for the classes.

# 2026 BAPA SPRING BREAK ART CAMP

**COLLEGE OF SAN MATEO  
1700 W. HILLSDALE BLVD**



**Join Teacher Shereen in this transformative Art Camp where creativity knows no bounds, friendships are forged, and memories are made. It's not just an art class, it's an inspiring journey of self-discovery, self-expression, and endless possibilities!**

**\*This class is recommended for art students from beginning to advanced level\***



**Day 1: Sculpture with Paper Mache  
Day 2: Pencils & Pastels  
Day 3: Acrylic Painting  
Day 4: Drawing  
Day 5: Mixed Media Art**

**Ages: 10- 14 years old  
Grade: 5<sup>th</sup> to 8<sup>th</sup> grade  
times: 9:00 am to 1:00 pm**



**Session 1: March 30 – April 3**

**Session 2: April 6 – April 10**



**Register here!**

**Price: \$350**

Click



**Register here!**

**Questions or need help  
with enrollment?  
(650)574-6149  
communityed@smccd.edu**



**BAY AREA  
PATHWAYS  
ACADEMY**

*Summer Programming. Year Round Impact.*

# BAPA SUMMER CAMP

**10% OFF**  
Early Bird, \$50  
OFF Sibling  
Discount

**11-14 YEARS OLD**

**RISING 6TH-9TH GRADERS**

College of San Mateo  
1700 W Hillsdale Blvd, San Mateo,  
CA 94402

## **SESSION 1:**

**JUNE 15 – JUNE 26 (9 DAYS)**

## **SESSION 2:**

**JULY 6 – JULY 17 (10 DAYS)**

## **SESSION 3:**

**JULY 20 – JULY 31 (10 DAYS)**

**ACADEMIC CLASSES**

**TECHNOLOGY**

**STEM & NATURE**

**ART & CREATIVE CLASSES**

**SPORTS**

**LANGUAGE**

**2-WEEKS AM, PM OR FULL DAY/ CHECK WEBSITE FOR FULL CLASS LIST**



Register here



(650)574-6149  
COMMUNITYED@SMCCD.EDU



<https://smccd.edu/bapa/>



**BAY AREA  
PATHWAYS  
ACADEMY**

Summer Programming. Year Round Impact.

# BAPA Summer SPORTS CAMP

COLLEGE OF SAN MATEO  
1700 W HILLSDALE BLVD, SAN MATEO, CA

**\$50 OFF  
Sibling  
Discount**

**11-14 YEARS OLD  
RISING 6TH-9TH GRADERS**



## CO-ED SOCCER

**SESSION 1: \$495**

**JUNE 15 – JUNE 26 (9 DAYS)**

**SESSION 2: \$550**

**JULY 6 – JULY 17 (10 DAYS)**

**SESSION 3: \$550**

**JULY 20 – JULY 31 (10 DAYS)**

**SCHEDULE:**

**MONDAY-FRIDAY, 9:00 AM – 12:00 PM**

Campers will work on:

- Ball control, dribbling, and passing technique
- Shooting form, finishing, and accuracy
- Offensive & defensive understanding
- Game strategy, teamwork, and communication
- Safe warm-ups, conditioning, and confidence-building habits

## CO-ED BASKETBALL

**SESSION 2: \$550**

**JULY 6 – JULY 17 (10 DAYS)**

**SESSION 3: \$550**

**JULY 20 – JULY 31 (10 DAYS)**

**SCHEDULE:**

**MONDAY-FRIDAY, 2:00 PM-5:00 PM**

Campers will work on:

- Basketball rules and terminology
- Individual skill development
- Shooting, dribbling and passing techniques
- Offensive/Defensive play and game strategy
- One-to-one offense and defense skills
- Conditioning testing
- Warm-ups, confidence building habits



**BAY AREA  
PATHWAYS  
ACADEMY**

Summer Programming. Year Round Impact.

For more information:

**Call: (650)574-6149**

**communityed@smccd.edu**

**<https://smccd.edu/bapa/>**

Register here



# BAPA JR. SUMMER CAMP

**Rising 2nd to 5th Grades**

College of San Mateo  
1700 W Hillsdale Blvd, San Mateo, CA 94402  
Ages 7-10 years of age

**\$50 OFF  
Sibling  
Discount**

## Session Length

Sessions 1, 2 and 3 will run for 2 weeks from 9am to 3pm

## Session Dates & Tuition

Session 1 June 15 – June 26 ( 9 days) \$675

Session 2 July 06 – July 17 (10 days) \$750

Session 3 July 20 – July 31 (10 days) \$750

Extended Care is available from 3:00–5:00 PM for an additional fee.

## Activities:

- Pencils and Pastels
- Flower/plant foraging and pressed flower art
- Cardboard looming
- Watercolor, oil painting, and acrylic painting
- Magic clay & craft making
- Felt stitching, sewing, and needle felting
- Paper Mache Art & Mixed Media Exploration
- Outdoor games & activities
- Outdoor Yoga & Mindfulness



Crafts



Cardboard looming



stitching



Flower/Plant foraging



## BAPA Jr Instructor: Heather

Hi, I'm Heather (Honey), and I'm so excited to be teaching BAPA Jr. I taught Yoga last year in the BAPA Middle School program so this will be my 2<sup>nd</sup> year teaching. I'm originally from North Carolina, where I grew up riding & training horses, building things, growing things, and creating new things, always having some sort of side project!

Register here



(650)574-6149  
COMMUNITYED@SMCCD.EDU



<https://smccd.edu/bapa/bapajr.php>



BAY AREA  
PATHWAYS  
ACADEMY

Summer Programming. Year Round Impact.



# order & pickup



College of San Mateo

 **Skyline College**

  
Cañada College

[pacific-dining.com/csmcafe](http://pacific-dining.com/csmcafe)

[pacific-dining.com/skylinecafe](http://pacific-dining.com/skylinecafe)

[pacific-dining.com/canadacafe](http://pacific-dining.com/canadacafe)

Student Dining now serving until 7:00 p.m.

# Membership Rules

## Guest Fees

We remind our guests that Guest Fees will be credited back to the purchase of a new membership. Individuals who first pay the fees and then join the Athletic Center afterwards will receive that credit at that time. Guests are encouraged at our locations and we look forward to meeting and sharing our facilities and programming.

## Rules and Regulations

We encourage our members to support and adhere to the rules and regulations to assurances of best practices and ease of process for the benefit of showing caring to our college students, faculty and staff and community members.

### Hours of Operation

1. Hours of Operation are posted on the SMCCD Community Fitness Website: College of San Mateo - [comfit.smccd.edu](http://comfit.smccd.edu) and Cañada College - [comfit.canadacollege.edu](http://comfit.canadacollege.edu).
2. Holiday and Special event hours will be posted in advance of changes on the website.

### Member/Guest Eligibility for Use

1. Only Members of the College of San Mateo Athletic Center / Canada College Athletic Center (SMCCD fitness and pool facilities at the college(s) of San Mateo and/or Cañada), herein referred to "SMCCD Community Fitness Members," in good financial standing will be able to use the facility or facilities. Single location membership or dual membership location designation-memberships must be purchased in advance and align with the membership on file for accessibility and use at either or both locations.
2. A one-day Guest Pass is available for members to purchase for their guest at a charge of \$30.

3. Local guests may only use the facility 1 time per month, local ID is required.
4. Out of town family guests, may use the facility up to 4 times monthly, out of town ID is required.
5. Guests must be accompanied by a current member who is 18+ years of age while using the facility.

### Enforcement of Rules

The SMCCD Community Fitness staff will protect the rights and privileges of rule-abiding members. Behavior deemed inappropriate by attending staff or management will be addressed with courtesy. Members who display intentional noncompliant behavior or actions affecting the safe operations of the facility to self or others will be asked to leave the fitness, exercise, or swim area to discuss corrections. Willful disruptions, (arguing and fighting) with members, staff or public safety will result in removal from the facility and may also result in the suspension of/or cancellation of the membership.

### Rules

1. Use of the SMCCD Community Athletic Center(s) is restricted to students, faculty, and community members in good financial standing and/or attending academic instruction.
2. All Members and Guests must register at the Front Desk prior to using the center.
3. All Members wishing to use the SMCCD Community Athletic Center(s) are required to complete registry and enrollment paperwork, including Membership Application, Liability Waiver, and payment information for monthly member charges.
4. All Paid Member Services, including personal training, semi-private fitness training, Pilates, swim instruction etc. will be conducted by an SMCCD employee.
5. All persons using the SMCCD Athletic Center(s) do so at their own risk and agree to abide by the rules for use of the facility.

# Membership Rules

6. Members and Guests are responsible for their own personal property. The SMCCD Athletic Center(s) assumes no responsibility for any loss or damage to personal property.
7. The Family Membership has been created for family use together, with at least one parent or guardian working out with their child/children at that time, thusly children 15 to 17 should be in the company of the member parent or guardian during their workout. (An adult friend brother or acquaintance age 18 or older is not a replacement for the parent or guardian who has signed up to the Family Membership, with requirements to be with family during workouts).
8. Horseplay, profanity, and disruptive conduct are strictly prohibited.
9. Proper workout fitness and sports attire must be worn when working out in the Fitness area or group exercise classes. Street clothes are not acceptable, and members will be asked to change clothing or leave the workout area if attire is not assuredly sport/fitness/yoga attire and with proper sports shoes. Examples of inappropriate dress include, torn clothing, cargo pants, bathing suits, flip flops, sandals, bare feet clothing with belts, buckle or made of denim etc.
10. Fitness equipment is required to be wiped down by each user after completion of each exercise.
11. Trash must be placed in containers provided for this purpose.
12. Food is not permitted inside the fitness, pool, or group exercise areas.
13. Open speaker audio is not allowed at any time.  
**Phone calls are not allowed in the fitness areas or locker rooms.** They must be taken outside, at the front desk area or Aquatics lobby. Members will be required to end phone call made in the fitness area or locker rooms, by attending staff or managers.
15. Only pre-authorized, employed individuals of the SMCCD Athletic Centers may record or photograph activity. Members and their guests are not permitted to use any recording devices to capture visual or audio content at any time.
16. The time limit on equipment is 30 minutes, when others are waiting.
17. Re-racking weights in proper order is a requirement at this facility. This location is a student teaching facility and weights are required to be replaced in their intended manner.
18. Cancellation policy on all paid services is 24 hours. Cancellations within 24 hours will incur the full charge of the service.
19. Locker room facilities are available for all members and their guests. Children 15-17 must be accompanied by their parent or guardian.
20. Member may not adjust lights, fans, temperature controls, yet may seek staff assistance.
21. No personal notices, advertising posters, distribution of personal or business or posting of non-approved SMCCD material is allowed at any time.
22. Cell phone & personal devices may not be charged at outlets dedicated to cardiovascular equipment.
23. Members are required to make reservations for pool lanes and GEX classes.

**All persons using SMCCD Fitness Center(s) do so at their own risk and agree to abide by these rules for use of the facility.**